

Become a Navy SEAL



US Navy SEALs Over The Beach (OTB) Ops

SEAL REQUIREMENTS SUMMARY

Below you'll find the basic entry requirements for **SEAL** and **SWCC**. For insider information and to access the SOFREP "Ask an Operator" portal join our SOFREP membership for that and other cool information and giveaways. A SOFREP Membership is a great tool for potential **Candidates** and their **Parents**. Membership gives you access to REAL SEAL/SWCC veterans (Q&A, photo archives, etc.) and unbiased informative perspective.

Requirement highlights are:

- Physical Screening Test
- ASVAB Test
- CSORT Test
- Age, citizenship and ability to obtain a SECRET clearance

SEAL PHYSICAL SCREENING TEST: ADMINISTERED BY NAVAL SPECIAL WARFARE

PHYSICAL SCREENING TEST	MINIMUM	AVERAGE	OPTIMUM
▶ Swim 500 yard breast or side stroke	12:30	10:00	9:30
▶ Push-ups in two-minutes	42	79	100
▶ Sit-ups in two-minutes	50	79	100
▶ Pull-ups no time limit	06	11	25
▶ Run 1.5 miles	11:00	10:20	09:30

To qualify for a contract, a prospective candidate must meet the minimum requirements. The qualifying PST must be administered by a Naval Special Warfare coordinator or mentor. Prospective

ASVAB: MEASURING YOUR ABILITY TO LEARN

The ASVAB is used to assess an applicant's mental sharpness and ability to learn. The ASVAB is generally administered at a Military Entrance Processing Station.

The standard ASVAB contains the following subtests:

- ▶ Word Knowledge (WK)
- ▶ Arithmetic Reasoning (AR)
- ▶ Mechanical Comprehension (MC)
- ▶ Shop Information (SI)
- ▶ Automotive Information (AI)
- ▶ Electronics Information (EI)
- ▶ Mathematics Knowledge (MK)
- ▶ General Science (GS)
- ▶ Paragraph Comprehension (PC)
- ▶ Assembling Objects (AO)
- ▶ Verbal Expression (VE) – a scaled combination of WK+PC

An additional subtest, Coding Speed (CS), should be requested at MEPS, and the score can be included in the calculation to determine eligibility for the SEAL program. If the CS subtest is not taken, only one set of subtest scores can be used to determine eligibility.

To qualify, an applicant must score one of the following on the ASVAB:

1. GS+MC+EI = 165 or better
2. VE+MK+MC+CS = 220 or better

AFQT results are returned as percentiles from 1-99. A score of a 50 would mean you were in the 50th percentile or have an average score. The Navy requires an AFQT score of at least 35. Men who succeed at BUD/S traditionally have AFQT scores of 78 or better.

CSORT: TESTING MENTAL TOUGHNESS AND RESILIENCE

The Computerized-Special Operations Resilience Test, or C-SORT, is designed to assess a prospective SEAL candidate's mental toughness or resilience. The test includes multiple sections designed to assess a prospective candidate's abilities in three areas:

- ▶ Performance strategies
- ▶ Psychological resilience
- ▶ Personality traits

Performance strategies test for capabilities such as a person's goal-setting, self-talk and emotional control. Psychological resilience focuses on assessing several other areas like an individual's acceptance of life situations and the ability to deal with cognitive challenges and threats.

The scores on the sections of this test are combined into a band score on a scale of one to four. A band score of four indicates that a candidate is most mentally resilient, and a one indicates the lowest level of mental resilience. Each prospective SEAL candidate can only take the C-SORT one time.

To determine eligibility for the SEAL program, the C-SORT band score is combined with the candidate's run and swim time. People who have low C-SORT and slow combined run and swim times will not be considered for SEAL contracts. They will be counseled that they are not ready to pursue a career as a SEAL.

While candidates are not allowed to retake the C-SORT, a candidate can demonstrate his motivation by improving his PST score – particularly run and swim times – and re-taking the Delayed Entry Program qualifying PST in order to move into the qualifying band to become eligible for a SEAL contract.

OTHER REQUIREMENTS

Age

Applicants must be from 17 to 28 years old. Waivers for men ages 29 and 30 are available for highly qualified candidates. Men with prior enlisted service as SEALs who are seeking to become SEAL Officers can request waivers to age 33.

Vision

Must be correctable to 20/25. Uncorrected vision must be at least 20/70 in the worst eye and 20/40 in the best. Color blindness is disqualifying.

Citizenship

Candidates must be U.S. citizens.

Other

In addition to the other requirements listed on this website, applicants must be able to obtain a secret security clearance, be male and must remain morally, mentally and physically qualified.

BASIC UNDERWATER DEMOLITION SEAL TRAINING: AKA BUD/S

Editors Note: I graduated BUD/S Class 215 in 1997 and it was the most challenging and rewarding experience in my life. I truly believe that next to the SAS, US Navy SEAL training is the hardest military selection course in the world today. When you line up the selection process and criteria, then compare it side by side to all the other service branches, it's like comparing an online degree to an MBA from Harvard. Check out the other branches of SOF selection and judge for yourself. I can tell you this, Hell is a cold place. Check out our SOFREP membership to learn more and speak directly with a former SOF Operator. "The Only Easy Day was Yesterday" -Brandon out.

1ST PHASE

First Phase, the basic conditioning phase, is seven weeks long and develops the class in physical training, water competency and mental tenacity while continuing to build teamwork. Each week, the class is expected to do more running, swimming and calisthenics than the week before, and each man's performance is measured by a four-mile timed run, a timed obstacle course, and a two-mile timed swim. In addition to physical training, the class also learns how to conduct hydrographic survey operations.



1st Phase Log PT. Misery loves company.....

Because of its particularly challenging requirements, many candidates begin questioning their decision to come to BUD/S during First Phase, with a significant number deciding to Drop on Request (DOR).



Underwater confidence training with the knot line.

Historically, candidates who have composite PST scores below 800 are three times more likely to succeed than the average student. Most importantly, candidates who have made a full commitment to their goal of becoming a SEAL and those who decide ahead of time that quitting is not an option, regardless of how challenging the training becomes, dramatically increase their chances.

The fourth week of training is known as Hell Week. In this grueling five-and-a-half day stretch, each candidate sleeps only about four total hours but runs more than 200 miles and does physical training for more than 20 hours per day. Successful completion of Hell Week truly defines those candidates who have the commitment and dedication required of a SEAL. Hell Week is the ultimate test of a man's will and the class's teamwork.

2ND PHASE

Second Phase, the combat diving phase, lasts seven weeks. This phase introduces underwater skills that are unique to Navy SEALs. During this phase, candidates become basic combat swimmers and learn open and closed-circuit diving.



BUD/S 2nd Phase SCUBA Training. After this students learn Closed Circuit on the Drager system.

Successful Second Phase candidates demonstrate a high level of comfort in the water and the ability to perform in stressful and often uncomfortable environments. candidates who are not completely comfortable in the water often struggle to succeed.

3RD PHASE

Third Phase, the land warfare phase, is seven weeks long and teaches the class basic weapons, demolitions, land navigation, patrolling, rappelling, marksmanship and small-unit tactics. For the final three and a half weeks of training, the class goes offshore, about 60 miles from Coronado. On the island, the class practices the skills they learned in Third Phase. The days become longer and more work intensive, set to mirror the work hours spent in the field. During Third Phase, the class is taught to gather and process information that will complete the overall mission. There is more classroom work that teaches map, compass, land navigation and basic weapon skill sets. These skill sets allow the class to transition from having novice skills to becoming more comfortable out in the field. Most of this training is new to the class, and the learning pace becomes faster and faster.



It all comes together in 3rd phase but, the real training doesn't begin until SQT.

Third Phase lays the foundation for the rest of Navy SEAL training. These basic moving and shooting skill sets will be used in SEAL Qualification Training (SQT) and in the SEAL Teams. Men who make it to Third Phase have demonstrated extraordinary commitment to becoming SEALs. Few leave BUD/S during this phase.

SEAL QUALIFICATION TRAINING (SQT)



SEAL Qualification Training (SQT) is a 26-week course that will take the student from the basic elementary level of Naval Special Warfare to a more advanced degree of tactical training. SQT is designed to provide students with the core tactical knowledge they will need to join a SEAL platoon.

The class will learn advanced weapons training, small unit tactics, land navigation, demolitions, cold weather training in Kodiak, Alaska, medical skills and maritime operations. Before graduating, students also attend Survival, Evasion, Resistance and Escape training and qualify in both static-line and freefall parachute operations.

Upon completing these requirements, trainees receive their SEAL Trident, designating them as Navy SEALs. They are subsequently assigned to a SEAL Team to begin preparing for their first deployment

LEARN MORE

Get a SOFREP membership and you get exclusive access to former SOF Operators from all branches of service. You also get unbiased advice from Operators themselves. Check out our membership on the Team Room page.

SEAL Motivator Contact Information

E: motivators@navsoc.socom.mil

T: (888) USN-SEAL (888) 876-7325

F: (619) 437-2873

SEAL + SWCC Scout Team

2000 Trident Way, Building #613

San Diego, CA 92155

If you are lucky enough to step foot onto the BUD/S Quarter Deck, you will see the infamous Creature from the Black Lagoon Statue that taunts students with the following saying: "So you wanna be a Frog Man...."

